14-Nov-2018

Two papers

(i) Paper- I :- 14 chapters
(ii) Paper-II :- 14 chapters

* Stress → when coping resources for an stimulus are inadequate
* Paper II :- some obscure questions taken from GS part.
→ Answers have to be multi-dimensional.

* NCERT XI & XII
* Psychology by Baron & Mishra
* Class Materials

Important Terms used in Psychology

* Motivation
→ Energizer of behaviour
→ refers to the various push and pull factors that result in persistent goal directed behaviours.

internal :- push
external :- pull

- Evolution has designed us in such a manner that we will not spend energy without purpose → when things are not defined. (That is why goal is important)

→ Motivation will be product of:
a) Biological forces
b) Environmental forces

$$\boxed{\text{Behaviour} = \text{Heredity} \times \text{environment}}$$

* There are genes which determine the amount of selfishness.

* Learning
→ refers to relatively permanent change in behaviour that occurs as a result of practice or experience.

SHOUT
SHARE
IT

Habit :- Learning that has been perfected that it happens automatically.

→ Behaviours that have been perfected overtime to the extent that the happen automatically / involuntarily.

Maturation

→ Innately determined sequences of growth and bodily changes that are relatively independent of the influence of environment.

→ Genetics can start the process but it continuation depends upon the environment.

Development, growth & maturation are different terms.

→ Growth :- Quantitative

→ Development :- Quantitative + Qualitative

→ Maturation :- ~~Natural~~ Growth to the level required.

→ Extremism :- I pursue my agenda → the pursue their cause

→ Terrorist :- He will demolish those who oppose or obstruct his cause.

Intelligence

→ An aggregate or global capacity of an individual to think ~~purposefully~~ rationally, act ~~rationally~~ purposefully and deal effectively with his environment.

rational :- something which is productive to human kind.

Creotivity

→ Ability of an individual to produce and generate novel and productive ideas.

Emotional Intelligence

→ Ability to reason with emotions and use emotions in reasoning.

Intelligence → Convergence
Creativity → Divergence

Thinking

Information processing ability of an individual.

→ Mental manipulation or cognitive rearrangement of symbols stored in long term memory and information obtained from environment.

Symbols

→ language
→ images
→ concepts

* Animals use lower order images & concepts.

Perception

→ Sensation + Meaning
→ knowing objects and objective events by the means of our senses.
→ interpretation of the sensation

Behaviour

→ Anything that an individual does that can be observed and measured in some way.

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* Concept → is a symbolic construction that represents common or general properties of objects and events

* stimulus / stimuli > Anything that elicits or evokes a response

* elicit:- something which is present inside and comes out. (draws out a response)

* evoke :- a response ~~that~~ was learnt & displayed

*Attitude
- ↳ learned
- ↳ enduring
- ↳ predisposition

learned enduring disposition to respond consistently either in favourable or unfavourable manner towards objects, events ~~and~~ or persons.

* Prejudice

Irrational, negative inter-group attitude.

(Latin word Prejudicium → Pre-judgement)

* Prejudice is -ve because people have inherent insecurities.
* Irrational because it is done before evaluation
* between groups

*Stereotype is a cognitive embodiment of prejudice.

* Emotions combine with cognition (feelings combine with beliefs) ⟶ prejudice, attitude, values, morals

* Stereotypes are rigid, inflexible beliefs that are formed by overlooking the individual differences.

* Mostly, stereotype is held against a group.

*Attitude $\xrightarrow[\text{towards}]{\text{directed}}$ individual

* Stereotype $\xrightarrow[\text{towards}]{\text{directed}}$ groups

*Most of the prejudices have roots in insecurity.

* Whenever, stereotypes + emotions (irrational & -ve) → Prejudice
(inter-group orientation)

Emotions + Cognition →
- Values
- Attitude
- Prejudice
- Morals

* Prejudice is always irrational, -ve, intergroup but attitude has no such conditions.

Chapter 1
(Paper - I)
Introduction

*Illusion:- misperception / misinterpretation of a stimulus

*Hallucination:- perception without any sensation
Dreams are normal hallucination otherwise it is abnormal

* Delusion:- Illogical, abnormal belief that an individual holds inspite of the evidence proving it to be untrue.

Paper I

*Introduction
Questions
1) Status of Psychology as a science → Natural Science or → Social science [20m]

2) Meaning ~~of~~ & scope of Psychology [20 marks]

3) Branches of Psychology [10 marks]

4) Trends in 21st century in Psychology [20 marks]

5) Historical Antecedents in Psychology [20 marks]

6) Imp. debates in Psychology [10 marks]

7) Perspectives in Psychology

Perspectives

→ Psychoanalytical — [10m]
→ Behaviouristic — [10m]
→ Humanistic — [10m]

} 3 forces in Psychology

→ cognitive — [10m]
→ Biological — [10m]
→ Multicultural — [10m]

8) Relationship of Psychology with other branches of knowledge [20m]

9) Interdisciplinary character & nature of psychology [10/20m]

*Psychology ⇒ Psyche + logos
(soul) (discourse)

Ist def. [scientific study of soul]

soul → subject matter
scientific study needs observation and measurement.

IInd def :- Scientific study of mind

IIIrd def :- Scientific study of consciousness

finally :- Scientific Study of behaviour

*Behaviour :- anything which can be measured or observed in some way.

* Psychology is the scientific study of human and animal behaviour. It includes the application of this science for solving human problems. (applied nature of psychology)

*Zimbardo → Psychology is scientific study of behaviour + cognitive processes

*History of Psychology

→ origin in philosophy
→ Two other sciences have contributed to it → Physics & Physiology

*It was sub-branch of philosophy

But in 1879 → Wilhelm Wundt
(First Psychological Lab) at Leipzig (Germany)

⇒ It led to emergence of Psychology as a discipline, distinct from philosophy.

* Physics & Physiology brought Psychology towards scientific discipline.

Is Psychology a science?

Science is a body of systematised knowledge gathered by observing and measuring events.

Science ⟶ 1) observation
2) measurement
3) systematic collection of data and its objective analysis.

1) Observation

Regulated perception of an event of interest

→ careful and objective recording of an event of enquiry.

→ Observations when carried out in controlled settings → experiment

Q) Does Psychology involve method of experimentation in the events it studies?

Ans:- It does wherever possible however sometimes, because it involves the study of human behaviour for social & ethical reasons, controlled observation is not possible.
eg. asking a person to smoke to study effects of smoking on chances of getting Lung cancer.

→ Causal factors have already operated to produce the outcome and are not available for manipulation.

* Precision & Accuracy } in the study of events, it cannot match Physics or Chemistry

But within the limits, psychologists try to be as close to accuracy as possible, for a given situation.

* But this lack in accuracy is because of complexity of human matter, not because of any shortcoming in the efforts of the psychologists.

* Measurement

It is the assignment of numbers to objects and events according to some rule.

→ Measurement makes comparision possible → effective generalisation

↓

To make laws possible

→ Physical sciences → ratio scales for ~~compar~~ measurement
(+, -, *, /)

→ For Psychology, use of ratio scales is not possible because there is absence of absolute zero. It relies on arbitrary zero.

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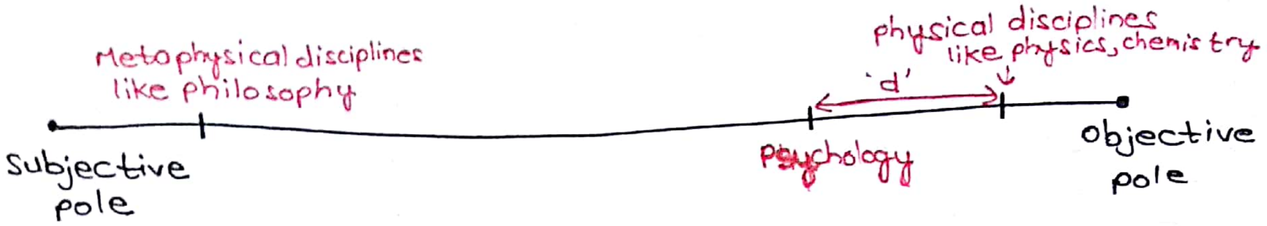
→ No absolute zero
→ many times the variables to be measured are not available to be measured.

→ human behaviour is dynamic

→ Multiple factors operate to cause human behaviour.

→ ethical and social reasons


Metaphysical disciplines like philosophy
physical disciplines like physics, chemistry
'd'
Subjective pole
Psychology
objective pole

* Nearer to objective pole but the difference 'd' is because subject matter of Psychology is human matter.

* with rapid advancements in science & technology, the difference 'd' that currently exists is likely to be reduced eg. MRI Scan

Q) Is Psychology a normative science or is it a positive science?

Ans=

→ Normative Science ⟶ what ought to be eg. philosophy

→ Positive Science ⟶ ~~Philo~~ What is

→ Normative science will include debates & discussions

→ Positive science will deal with facts as they are.

∴ Psychology can be said to be Developing positive Science of behaviour.

Q) Is Psychology a social science?

Ans= Behavioural science rather than social science.

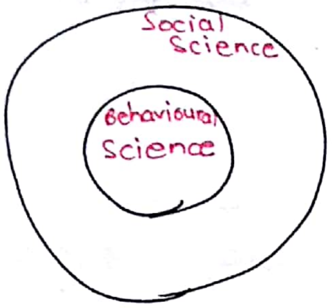
Social science → generic term that includes all those disciplines that are involved in the study of human behaviour in social settings.

This study can be a retrospective study or prospective study of Human behaviour in social setting.

prospective → future
or
retrospective → past
or
contemporary → present

→ Psychology studies the behaviour in contemporary setting.

→ Behavioural sciences → study of Human behaviour but the methodology used to collect the data is more rigorous or scientific.



→ Behavioural science is more empirical in its study i.e. evidence is more direct.

→ Behavioural Science eg. Sociology, Anthropology, Psychology but Psychology is unique(i) because of its exclusive interest in ~~be~~ the study of behaviour
(ii) because it studies wide range of behaviours
(iii) it emphasises on the study of individual behaviour.

* Psychology will remain to be based on individual differences.

Aim of any science:
(i) Description
(ii) Prediction
(iii) Control
(iv) Understanding

→ To achieve these aims, Psychology has to study individual differences.

→ Its quest for universal laws continues but for every behaviour, we might not have universal laws.

→ wherever possible, laws are made.

→ creativity cannot be defined by a single law thus not always universal laws are possible.

* Psychology is both a science with respect to both spirit & methodology.

Scientific status of Psychology:

(i) It is a science is lays emphasis on the search of truth by advocating objectivity in the assessment of behaviour. It is an endeavour of every psychologist to be as objective as possible by observing and recording full facts in an investigation and not only those which correspond to his expectations. He gathers information on the basis of merit rather than his personal preferences.

(ii) The methods and techniques employed in the study of behaviour in psychology are quiet scientific. There is emphasis on accuracy by being as precise and as careful as possible in the gathering of information. Psychology emphasises on the systematic rather than casual study of the problem or the process. Psychologist start with the hypothesis and determine the relationship between the variables.

(iii) The results of the study of behaviour usually stand for their verification in similar other conditions by other experimenters and observers. Psychology subjects itself to the goal of skepticism i.e. accepting the findings as true only after they have been verified again & again and all inconsistencies have been resolved.

objectivity → The degree to which our observation is free from subjectivity

→ Quest for objectivity brings subjectivity.

→ Controlling the variables, makes it artificial → introduces subjectivity.

→ This is the demerit of controlled setting.

(iv) Psychology possesses well organised theory which is supported by relevant laws & principles. Further, it is a practical discipline that has been applied for human welfare.

(v) Many established facts ~~and~~, principles and laws of behaviour in the subject of psychology enjoy universal applicability in practical life and other bodies of knowledge. Thus, Psychology is a science because it is committed to the goals of objectivity, accuracy & ~~skep~~ scepticism. It adopts methods & values of science in its effort to understand all aspects of behaviour and wherever possible it strives for quantification of the variables under investigation in order to arrive at trustworthy prediction.

Interdisciplinary Character
of
Psychology

i) **Anthropology**

→ study of the origin of man & the manner in which human civilisations developed.

→ study of human beings and their ancestors through time and space in relation to their physical characteristics, their environment, their social ~~relations~~ life and their culture.

→ Psychology & Anthropology → share the subject matter i.e. study of man

→ But an anthropologist studies man with macroperspective while psychologist studies man with microperspective.

→ Anthropology → study of man in simple society

→ Psychology → study of man in contemporary society

* simple society → tribal society or technologically less advanced society

eg. hunter, gatherers

* Anthropology → group behaviour
* Psychology → individual behaviour

* By studying behaviours in simpler society, we can understand the behaviours in complex society. It provides valuable insights into it.

* Anthropology studies (i) physical evolution
(ii) Socio-cultural
⇓
enables psychologists to study the behaviour of man in contemporary society

Interaction
Anthropology + Psychology → hybrid discipline psychological anthropology
↓
studies the relationship betwee
culture & personality

* Psychology has helped anthropology :
(i) ~~macro~~ Micro level study helps in understanding macro level

→ How evolution has impacted us can be studied by studying man in contemporary society.

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Psychology & Sociology

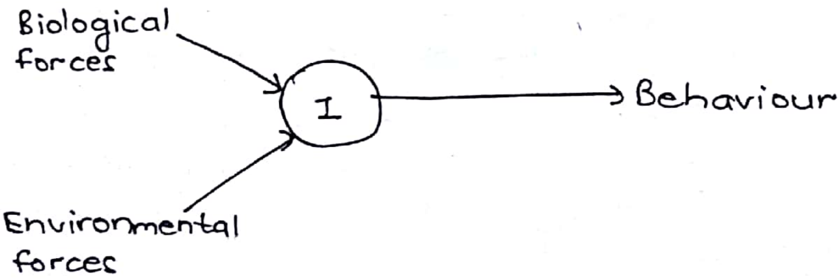
*Sociology → Scientific study of modern society
→ focus is on the study of collective behaviour

* Psychology → Individual behaviour — behaviour of man in contemporary society.

Collective ← Individual
Behaviour → Behaviour

* Interface between socidogy and psychology → social psychology
(group behaviour with the focus on individual
or
it studies reciprocal relationship bet. individual & group

Psychology & Biology



Biological forces
(i) Neurotransmitter
(ii) Biochemical
(iii) Genetics
} Domains for Biologists to study

Environmental forces
(i) Cultural factors
(ii) Geographical factors
eg. Lethargic Nature of people with env. factors more suitable for life's growth.

(iii) Societal Factors

Biology + Psychology → Neuropsychology
Biology + Psychology → physiological psychology.

Biology is a natural science concerned with the study of life & living organisms including their structure, function, growth & evolution.

The studies conducted by biologist enables a psychologist to complete his comprehensive enquiry about individual behaviour.

The intimate interaction between the two has given birth to physiological psychology which deals with relationship bet. brain & other biological activities & behaviour.

→ clinical psychology is applied science from physiological psychology.

Psychology & Physics

→ Physics deals with creation of instruments
eg. Psychogalvanometer → to measure anxiety

→ Physics provides scientific rigour to Psychology

Physics is a branch of science concerned with nature & properties of matter and energy. Many of the modern equipments and instruments used for psychological research have been borrowed from physics.

Intimate interaction between the two has given rise to a branch known as Psychophysics which is a branch of psychology that deals with relationship bet. physical stimuli & mental phenomena. Psychophysics quantitatively determines relationship bet. physical stimuli & the sensation & perception they produce.

Psychology & Chemistry

→ Chemistry particularly bio-chemistry has contributed richly to the understanding of behaviour. Chemical analysis of neuro-transmitters, hormones and various other biological secretions & excretions have enabled the psychologists to improve their understanding of human & animal behaviour.

Psychology & History

* Erikson's book on Gandhi (Psychohistory)

→ History is the study of past events particularly in human affairs. A historian is concerned with the study of behaviour of people in the societies that once existed in contrast, a psychologist studies the behaviour of people in contemporary society. Through its record keeping & analysis, history does provide the basis for studying the behaviour of the people in the contemporary society. The history of the civilisation is the history of human dev. & psychologist at times take help from historians to enrich their understanding of human behaviour. In fact, their intimate interaction has given birth to Psycho-history which is an attempt to understand historical events by providing detailed psycho analysis of the characters involved.

Psychology & Economics

→ Economic decision making is influenced by human psychology

Economics studies how human beings behave in materialistic exchanges which involve some article of value. In all material give & take and business endeavours, behavioural elements like motivation, thinking, perception, attitudes, etc. play an important role & therefore, these are of interest to a psychologist. The close interaction bet. psychology & economics has given birth to Behavioural economics which studies the effects of psychological, social, cognitive & emotional factors on economic decisions of individuals & institutions.

Psychology & Political Science

Political Science studies role of power & politics in the life of a community & examines various systems of politics. Psychology studies the traits of the leaders, electorate & the behavioural dynamics behind the sociopolitical movements. The intimate interaction bet. the two has give birth to Political Psychology which is an interdisciplinary academic field dedicated to understanding politics & political behaviour from psychological perspective.

Branches of Psychology

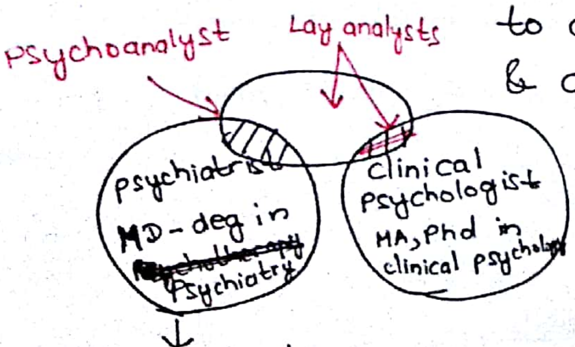
Why scope of Psychology is increasing?
Ans: (i) Human-technology interaction
(ii) Knowledge is increasing

*Clinical Psychology—
concerned with diagonosis & treatment of behaviour that is regarded abnormal.

*Clinical Psychologist → The doctors who diagnose the mental disorders & treat them via psychotherapy

↳ They are also trained in doing research

↳ They administer the psychological tests to diagnose the psychological disorders & devise the treatment programme.



They can adminster drugs for treatment + psychotherapy, but they have left psychotherapy to clinical psychologists

→ (Psychoanalysts)
Psychiatristic + they are trained in freudian Psycho-therapy

Psychoanalytical Psychotherapy → freudian Psychotherapy

* If only training in freudian Psychotherapy } Lay analysts
+
Clinical psychologists trained
in freudian Psychotherapy

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2) Counselling Psychology

→ Work is similar to clinical Psychologist except that they operate on individuals with milder emotional and behavioural problems.

→ They also provide vocational counselling

→ Marital Counselling

→ Adjustment in work groups

⇒ They will make use of Psychological Tests & clinical interviews.

3) School & Educational Psychology

→ counselling done in schools & educational institutions.

→ principles and concepts of Psychology ~~to~~ in school and educational setting.

→ Main aim is to improve the teaching & learning processes.

- ↳ enrichment in the curriculum
- ↳ suggesting ways for improving teacher-student repo.
- ↳ how to improve the lecture delivery
- ↳ Improving the attention & comprehension of the learners.
- ↳ making learning student friendly and giving it a practical bias.
- ↳ enhance motivation of the teacher & the learner

Differences

→ School psychologists are concerned with more pressing problems eg. adjustment problems which need immediate intervention

↳ Educational psychologists have more long term vision.

School Psychologists

- ↳ Parent-Teacher
- ↳ Student - Peers
- ↳ Parent - Student
- ↳ Student - Teacher

} interactions to be enhanced

4) Industrial Psychology –

Involves the application of psychological principles & knowledge to the problems concerning the humans operating in business & industry. Some imp. areas for investigation & application taken up by industrial psychologist include:

(i) personnel selection
(ii) personnel training
(iii) promotion & placement
(iv) performance appraisal
(v) Designing ad campaigns
(vi) organisational design & structure
(vii) Job Design

↳ Aim is HRD & HRM → Human Resource Management
" " Development

5) Developmental Psychology –

pre and post natal processes of growth & maturation.

↳ Also known as lifespan Psychology since they study this process the whole life

↳ Child Psychology –

Imp. part as most of the development milestones are reached during childhood.

6) Experimental Psychology –

It is concerned with the study of fundamental causes & processes of behaviour. Experimental psychologists do pure research, study fundamental processes such as memory, emotion, motivation, thinking, etc. A number of Exp. Psychologists are concerned with the relationship bet. brain & other biological activities and behaviour and these are called as physiological psychologists.

(7) ~~Ps~~ Social Psychology-

→ Social Psychology deals with the study of reciprocal relationship between the individual & his group. While social psychologists study group behaviour, the focus is on the individual.

→ Social Psychologists study wide spectrum of behaviour such as psychological factors responsible for intergroup tensions. The behaviour displayed by prejudiced individuals. The mechanism by which attitude change can be introduced. The impact of crowding on interpersonal relationships.

Psychotherapy → abnormal to become normal
Counselling → normal to become better ~~oriented~~ adjusted

guidance → ready made solutions are providied
In counselling solutions are arrived after mutual discussion

8) Environmental Psychology-

It is an interdisciplinary field of psychology that focuses on the interplay bet. individual & their surrounding.

→ Environmental Psychology defines env. as encompassing natural env., social settings, built env., learning env. and informational env.

→ reciprocal relationship between man & his environment.
eg → Impact of crowding on behaviour
→ Noise & air pollution on behaviour

9) Health Psychology or Behavioural Medicine

→ It studies the impact of psychological variables on his health. It explores the relationship between individual's mind & his physical conditions.

→ The issues like the role of social support during illness, the role of physician's behaviour on the patient's recovery & the role of stress on physical health, etc.

are taken up by health psychologists for investigation & examination.

*Hans Selye → Father of research on stress.

10) Military Psychology

↳ many points of organisational Psychology but some parts are very unique to military psychology.

→ Military psychology is a branch of Psychology which deals with the use of psychological principles & techniques in the field of military activities.

→ Topics like how to conduct psychological warfare, how to increase combat readiness of the soldiers, how to fight enemy propoganda, how to make new recruits adjust to the demanding life of military, etc. are taken up by military psychologists for investigation.

11) Rehabilitation Psychology

→ It is a field in which knowledge from psychology is applied to the treatment and care of persons with disabilities with the goal of improving their quality of life and mental, social & physical functioning.

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12) Geopsychology-

It is concerned with the impact of physical environment such as soil, climate, landscape, weather, etc. on behaviour.

13) Parapsychology-

concerned with the study of extra sensory perception and other paranormal events and behaviour.

eg. → clairvoyance → vision about the future
→ clairaudience → hearing " " "
→ psychokinesis → move objects by power of your concentration.
→ Levitation
→ Telepathy (some evidence)

* Meditation & hypnosis are not paranormal as their is empirical evidence for them.

14) Comparative Psychology-

Concerned with the study of various species of animals with the intention of drawing comparisons between them.

15) Community Psychology-

Community Psychology applies principles & ideas of Psychology to solve social problems and to help the individuals adapt to their work & live in groups.

Some community psychologists are essentially clinical psychologists. They try to promote mental health at the community level. Other comm. Psychologists are less concerned with the mental health of the individuals & are more concerned with applying the ideas from behavioural sciences to community problems.

Comm. Psychologists deal with broad spectrum of issues such as hostility between various ethnic groups, bad relationship bet. police & comm.

members, etc.

Chomsky → Psycholinguistics

16) Legal Psychology

(forensic Psychology / criminal Psychology)

- - - - -

eclectic → interdisciplinary in nature

⇒ Psychology is eclectic as we cannot compartmentalize human behaviour.

↳ This is the reason as to why the scope of Psychology is increasing

- - - - -

⇒ It is the branch of psychology which concers with use of psychological principles & tech. in legal field. Issues like the behaviour of client & witnesses during the trial & identification of false witnesses or the behavioural cause of crime, etc are taken up for investigation by Legal Psychologists. They also explore topics like jury decision making, eye-witness testimony, the behavioural basis of the legal policies, etc. for study and for providing practical insights.

17) Sports Psychology

(sports and exercise psychology)

↳ techniques used by sports psychologists will be same as those used by school psychologists as thebasic goals are same → develop concentration, stress management, ~~cont~~ sustained motivation, etc.

↳ it is concerned with the application of psychological ~~pro~~ principles to help athletes improve their performance & realise their potential. sports psychologist contribute in many areas but their principle focus is to make the athletes psychologically ready for their best performance.

in the most demanding situations apart from the study of athlete behaviour, sports psychologist also study the coach's behaviour and spectator behaviour as well. Some sports psychologists are also involved in the research to facilitate psychomotor responses of the athlete.

18) Engineering Psychology –

(Ergonomics / Human factor engg.)

↳ man-machine interface
(increase operator efficiency, decrease operator load)

↳ it is concerned with the study of the interface between man & machine. Engg. Psychologists carry out research to improve the design of the equipment in order to maximise the output of people who operate on these machines.

19) Psychometric Psychology –

This branch of Psychology is concerned with the formulation of psychological tests to measure human abilities. Psychometric psychologists not only devise new tests but also do the research to make existing instruments more effective

Debates & Controversies in Psychology

* Determinism vs Free Will

external →
Behaviour
internal →

[school of Behaviourism]
Environmental → External
Determinism
↳ (Passive ~~Passing~~ - being stimuli)

Biological → Internal
Determinism
(Genetics) → Pessimistic
[school of Psychoanalysis]
Freud → Psychic determinism
↳ instincts guide our behaviour.

* Once the stimuli disappears, behaviour dissapears
↳ Env. Determinism

Env. → Passivistic
Biological → Pessimistic

Free - will

↳ everything can be achieved through free-will
↳ everything is self designed

But none of the 3 theories is completely True
⇓ Thus came
Soft Determinism

* Soft - Determinism

↳ this is example of eclectism
↳ This is combination of all 3 approaches

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Determinism underlying theme → People do not have control over their reactions and the factors ~~that~~ make them to react.

* Research on the effect of Indian upbringing on the behaviou
of people → Psychological Impotency
(inability to take decisions)

* Behaviour of animals is more deterministic than humans → it is more instinctive.

* Determinism follows from the work of Locke, Hume & Berkele who believed that human behaviours are the result of forces over which human beings have no control. This applies to factors within as well as without. Internal forces that influence behaviour are called as biological determinism. This includes genetic endowment, biologica need states (hunger, thirst, etc.) and instinctive energy. classical psychoanalysis is an example of biological determinism and more specifically speaking psychic determinism.

Some psychologists believe that our behaviour is controlled by forces outside us present in our environment. In other words, human behaviour is the result of the stimuli that operate on human beings. The protagonists of this approach are the propounder of environmental determinism. Behaviourism is a school of psychology that has made environmental determinism as its fundamental principle.

Free will :- The idea of free will in psychology was popularised by humanistic psychologists who believed that the locus of control lies in human beings and people are capable of planned action, rational decision making and self-direction.

Thus, individuals are active beings who can exercise choices and work in the direction of realising their own potential.

Soft-Determinism

It holds that behaviour is determined by env. or biological forces but only to an extent while people can choose between various courses of action. There is free will only when there is no compulsion.

* Molecular vs Molar Approach

→ Molecular / atomistic / reductionism
  ↳ school of structalism & behaviourism

→ Molar Approach
  ↳ Gestalt Psychology

→ **Molar** :- whole is more than sum of its parts

→ **Molecular** :- dividing everything into smaller units

→ Molar Approach advocates that behaviour should be studied as a whole (entire unit) because when broken into parts, it loses the intrinsic nature of whole.

→ Molecular approach advocates that for objective enquiry, the behaviour must be broken down into smaller units.

→ Atomism is the doctrine that mind can be reduced into a finite no. of irreducible elements.

→ Reductionism is a philosophical viewpoint that maintains that complex phenomena can be best understood by compartmentalized analysis that breaks the phenomena into fundamental elementary concepts.

The early structuralists attempted to reduce perception into elementary sensations likewise behaviourists seek to reduce all complex acts into SR terms.

* Idiographic v/s Nomothetic Approach

→ Idiographic :- focus on individual's uniqueness
  ↳ Humanism

→ Nomothetic :- focus is on development of general laws of behaviour

  ↳ Behaviourism

* This is a tradeoff bet. Individual's uniqueness & status of Psychology as a science.

⇒ Idiographic → qualitative
→ Nomothetic → quantity

*Idiographic approach addresses to the wholeness and uniqueness of the individual and it aims to provide complete indepth picture of the person being studied. The problem with this approach is that it tends to be subjective and fails to tell us anything about others.

*Nomothetic Approach involves the study of individuals in order to discover the laws of behaviour. The advantage of this approach is that it allows the generalisatio of the findings from sample of participants to the population. In the Nomothetic research, emphasis is on precise measurement and carefully controlled investigation and the drawback is that it ignores the whole person.

* Empiricism v/s Nativism

- Empiricism → experience based
- Nativism → Heredity

Locke

Mind is like a tabularasa on which experience shall write
(clean slate)

*Empiricistic
↳ Behaviouristic

* Nativism :- Everything is heredity based and experience will play very little ~~in~~ role.

* Skinner → Empiricism

* Nativism → Noam Chomsky

⇒ In determinism → focus is on control
(whether humans have control over it or not)

⇒ Here, ~~it is~~ the focus is on the reason for the properties

*** Nativism**

Biological forces determine behaviour. Behaviours are guided by the blueprint that has already been arrived at by the time of birth through the work of innate forces.

*** Empiricism**

All knowledge is derived from experience and the pursuit of knowledge should be through the observation of the events taking place in the environment around us. Learning is behind occurence of all behaviours.

Schools & Perspectives of Psychology

460 BC
Hippocrates, Aristotle, Plato,
Descartes, Comthe, etc.
↓
Historical Antecedents
(Pre-scientific)
Psychology

1879
(Wilhelm Wundt)
Modern/scientific
Psychology
(schools of
Psychology
established)
↳ (schools will not
intermingle)

2000
21st century
trends
(Interdisciplinary
Approach)
[focus on eclecticism]
• as scope of Psychology
has expanded

⇒ Before 1879, Psychology was ~~in~~ within the confines of Philosophy.

⇒ From 1879 → Wilhelm Wundt

* 21st century → Multicultural Perspective
⇒ (i) No ethno-centric bias
(ii) Respect for diversity

(i) Structralism
(1875-1930s)
↳ Wilhelm Wundt popularised it
↳ Titchener popularised it in US
↓
(ii) Functionalism
(1890 – 1930s)
↳ William James
↓
(iii) Behaviourism
(1913 – present times)
↳ Watson

Parallely

Gestalt Psychology
→ (1912 – 1940s)
→ Germany
→ Wertheimer

(iv) Psychoanalysis
(1900 – present times)
↳ Sigmund Freud

In 1950, 3 perspectives emerged: [1950 – present]
(i) Biological Perspective (Olds, Sperry)
(ii) Humanistic School (Carl Rogers, Maslow, Alport)
(iii) Cognitive School (Piaget, Simon, Newell, Shaw, Neiser)

* Cognitive School → Constructivism

* Humanistic School → Existentialism

Psychoanalysis
- → Analytical Psychology → Jung
- → Sociocultural → Horney
- → Ego Psychology → Erikson / Anna freud
- → Individual → Adler

New Branches

*→ Neo freudianism

→ Non freudianism

→ Neo Behaviourists
(Behaviourism was necessary protest but it overshot its mark)

*Protest as it came as protest to structuralism & functionalism

* Paradox of affluence → when person is rich, he is sad
&
when he is poor, he is sad.

* Paradox of Tolerance → The very fact that I am tolerant will limit ~~the~~ my tolerance. and increase intolerant behaviour of others.

* Behaviourists created problems in their obsession of creating psychology as a science.

⇒ In quest to apply objectivity, artificiality will be introduced.

Constructionism :- Every person's construction of the world is different.

21-Nov-2018

*Structuralism

1879 → Wilhelm Wundt established Lab at Leipzig (Germany)

*Weber, Fechner, Helmholtz → Psychophysics
(where we study thresholds of human beings eg. auditory threshold)

→ Structure of consciousness

*Method Used :- Introspection

* Subject Matter :- Conscious Experiences or consciousness

* Philosophy :- Reductionism
[reduced consciousness to smallest parts]

I A S
Images ← I
A ↓ Affection
S → Sensation

⇒ Introspection as a method failed as it could not remove subjectivity.

⇒ Subjects were influenced by retrospection

* Functionalism

- → William James (most important contributor)
- → Stanley Hall
- → Carr
- → Dewey
- → McKeen Cattell

⇒ functions of consciousness

→ Natural selection by Darwin

→ William James's contribution made it an applied science

* Function of consciousness → ability to adapt (adaptation)

* These adaptive behaviours when repeated became habits.

* Functionalist's efforts resulted in birth of Comparative Psychology?

→ They gave first psychological test for use for children
↓
Intelligence Test

*Behaviourism

→ Watson

→ S-R Psychology

→ adopts Molecular Approach

→ major contribution to learning

→ Behaviourists made contribution of making psychology a scientific discipline as they eliminated mental concepts from their examination/investigation.

→ Acc. to them, Psychology should deal with objectively observable behaviour

→ no covert events

→ subject matter :- behaviour

→ Method :- experimental method → definite cause-effect relationship

→ focus on quantification

→ Empiricists

⇒ Associationism was the precursor of Behaviourism
  ↳ Pavlov
  ↳ Thorndike

*Association between stimulus & response

* ~~Manipulative~~ Manipulable determinists of human behaviour lie outside the human being in his environment → Environmental Determinism

⇒ Watson did experiment on kid Albert → developed in him phobia of white furry objects.

* Watson concluded that phobias can be learned through conditioning and spread through generalisation.

*Skinner → most imp. contributor to behaviourism

↳ operant conditioning

↳ if you want to see behaviour repeated → reward
" stopped → punishment

- All behaviours are learnt and can also be unlearned & relearned.

⇒ Contribution of skinner had immense practical significanc

* Rewards might not be reward for all and same is for punishment.

Criticism

* There was no place for mentalistic events, many complex behaviours could not be accounted for.

Behaviourism was a necessary protest as they brought Psychology out of philosophy's clutches and made it an objective domain → causation can be studied.

But it overshot its mark as it was obsessed with objectivity

*Neo-Behaviourists

S–R ⇒ S–O–R

O :- Information Processing unit
(organismic)

→ They brought mentalistic events back into Psychology as structuralists had mentalistic events in their approach

S–o–R	S–R	S – O – R	S– ◯ – R
Structuralism	Behaviourism	Neobehaviourists	Cognitivism

* Increasing value of 'O' → technological advancements
* Gestalt Psychology helped in development of Neo-behaviouris and Cognitivism

* Neo-behaviourists made humans as 'Thinking Animals'

* Gestalt School

Gestalten (~~pe~~ plural)

→ german term meaning configuration

→ founded by Wertheimer

→ Molar approach (whole is more than sum of its parts)

→ Nativists

→ Major contribution to perception & thinking

* Phi phenomenon (pronounced 'fee' {german?})

Apparent movement

→ Two bulbs switching on/off alternately at optimum time interval → this leads to the perception of movement (apparent movement)

→ Then came Köhler ('Kuller')

⇒ They gave the concept of Phenomenal field

↳ They gave field view of Nervous system as opposed to machine view (given by behaviourists)

* Machine view → 1 to 1 correspondence [Exact replica]

* Field view → isomorphism [similar form]

(iso:- similar)
morph:- form

* Isomorphic approach → create prototypes and only the gist of information is stored

⇒ In verbatim learning → lot of energy is utilised, thus, humans use isomorphic approach in learning.

* Field :- A psychological reality → The perceiver's view of reality.

→ Law of Prägnanz

→ (good figure)

→ RSS
- ↳ Regularity
- ↳ Symmetry
- ↳ Simplicity

→ least effort required for observing an object is preferred

* Principles of Organisation

→ tendency is to arrange & rearrange things in our environment so that they become organised wholes.

→ People will try to fill the gaps and make it an organised whole

* Köhler studied chimpanzee 'Sultan' and demonstrated Insight Learning.

→ (Behaviourists talked about conditioning which is incremental learning i.e. trial & error)

⇒ Insight Learning :- mental trial & error

* Learning which is insightful will require hypothesis ~~learning~~ testing. eg. not trusting a person if he cheats once.

→ This reduces the time required in learning through physical trial & error.

→ Hypothesis Learning involves ⟶ Incubation
↓
Sudden Arrival of solution (Insight)

Problems

(i) They could not use experimental methods for arriving at their findings

(ii) Their focus remained on thinking & perception, most of their findings were descriptive in nature rather than being explanatory in nature.

22-Nov-2018

Psychoanalysis

* Sigmund Freud

(Freud means pleasure in german)

Assumptions

* Psychic determinism

→ Our behaviour is controlled by our instincts

→ These instincts are present in our unconscious

→ Instinctual Approach

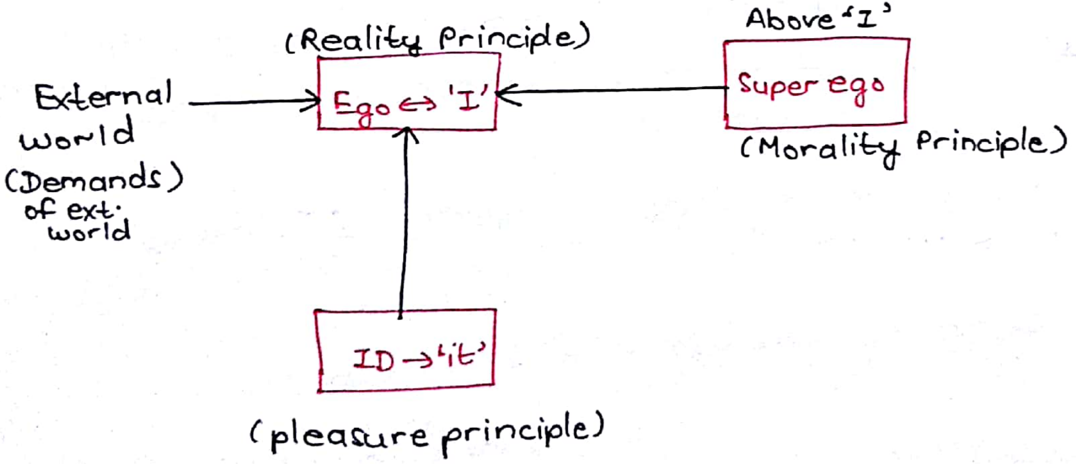
- Eros → Life Instincts
- Thanatos → Death Instincts

Death is the goal of life. Death instincts take us towards it & life instincts delay it.

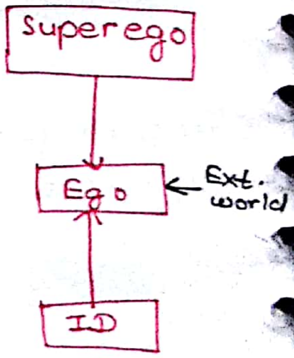
→ Childhood experiences play an imp role in shaping adult personality (first 5 years)

→ Acc. to Freud, Structure of personality → ID
→ EGO
→ SUPEREGO

* ego:- self ; it → does not belong to self



(Reality Principle)
Above 'I'
External world (Demands) of ext. world
Ego ⇔ 'I'
Super ego
(Morality Principle)
ID → 'it'
(pleasure principle)



Superego
Ego
Ext. world
ID

→ Ego:- conscious aspect

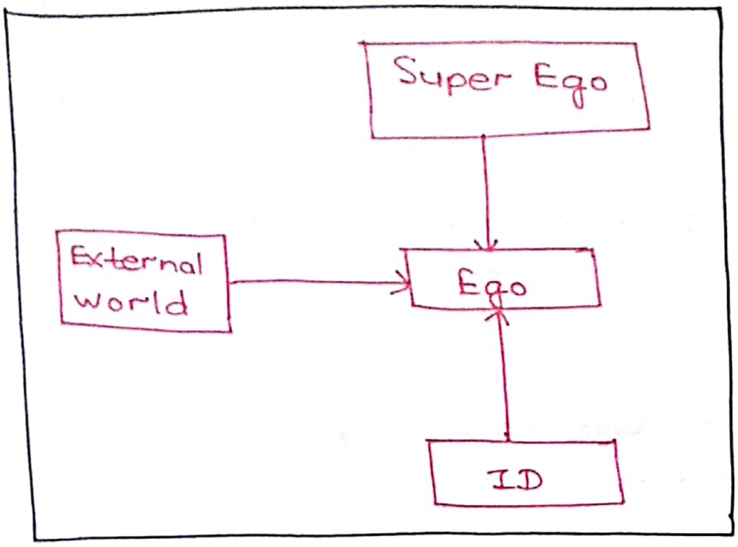
→ ID:- unconscious aspect (physical pleasure)

→ Superego:- morality ; largely unconscious

Dilemma bet. superego and Id leads to anxiety.

So, life is all about ego maturity, how well ego manages the pressure of 'Id' and 'Super ego'

* 'ID' creates 'Neurotic ~~Sci~~ Anxiety'



Freud's understanding of behaviour

* Ego immaturity leads to defence mechanisms eg. holding other responsible.

* subconscious :- pre + un (conscious) [Freud never used it]
- preconscious eg. when effort is required to remember something

→ Every individual passes through Psychosexual stages of development

(i) oral
(ii) Anal
(iii) Phallic
(iv) Latency
(v) Genital

} Autoerotic (Happiness through self manipulation)

Fixation:- whichever stage you did not get enough, you will be fixated on that eg. oral → excessive mouth related enjoyment

- If fixations occur, energy will be taken away
- Freud said that ego maturity will come if insight will come in the repressed impulses.

⇒ Insight Development is key to happiness.

* Very few conflicts in unconscious minds.
* Freud called this 'Nirvana' → abundance of energy
* Ego will be mature if it understands that all the demands of superego are also impractical.

Limitations of Freud's ~~[illegible]~~ Theory-

*Freud believed that insights can be developed not on our own but with the help of psychoanalyst.)

→ Limitations

(i) Role of conscious mind in personality dev. is given tip of the iceberg status. (very little focus on conscious)

(ii) Overly deterministic approach → does not give emphasis to 'free will' in personality development.

(iii) Instinctual approach neglects the role of cultural factors in personality development.

(iv) Over emphasis on the role of childhood experiences in personality development neglected the role of future expectancies and present life factors in personality development.

(v)
* Freud's theory is id-centric but the lynchpin is 'ego'
  → id-centric :- ego is the result of id but ego is lynchpin. Thus, something that is sub-servient to 'id' is the lynchpin.

→ id-centric :- everything emerges from 'id'

→ Based on western world only

Neo-Freudian

→ disciples of Freud → they made some improvements in Freudian theory.

→ they accepted some of the fundamental principles of Freudian theory

→ but they transformed Freudian instinctual focus into cultural focus

→ 'Id' centric approach changet to 'ego' centric

They made Freudian theory not to lose its relevance in contemporary times → Anna Freud, Horney, Ericson, Sullivan, etc.

Non Freudian

→ disciples of freud → separated → established their own Schools independent of freud.

Jung ~~Mang~~ :- Analytical Psychology

Adler :- Individual Psychology

Erich Fromm :- Karl Marx + Freud

Cognitive Psychology -

→ cognitive approach of psychology is also called as information processing approach and is based on following principles:

(i) events occuring within the person must be studied if the behaviour is to be truly understood.

(ii) These internal events are called as mediators and they occur bet. stimulus & response and include perception and thinking processes such as problem solving, memory, language, etc.

(iii) Human beings are thinking animals and human cognitive processes operate not randomly but in an organised and systematic manner.

(iv) Human mind can be compared to a computer and human beings can be seen as information processors that absorb information from the world ~~and~~ encoded it, interpret~~ed~~ it, store it & when the need be retrieve it.

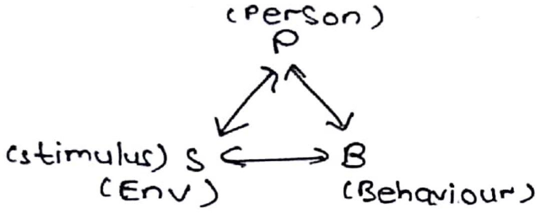
(v) Unlike psychoanalysis and behaviourism, cognitive approach did not espouse single body of knowledge. Cognitive psychology has been built up as a result of contribution from variety of psychologists

(vi) Cog. Psychologists study the processes that are not directly observable. However, it is recognised that insights into mental processes may be inferred from the individual's behaviour provided such inferences are supported by objectively observable data. Therefore, experimental method with its control and replicability is often used in cognitive psychology.

24-Nov-2018

cognitivism → primary focus on mental life

⇒ It is Triadic Reciprocal Determinism



[Triadic Reciprocal Det.]
(This is in both Neo-behaviourist & cognitivism)

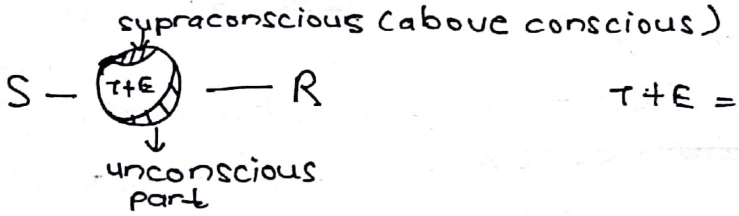
- * Env ⟶ Behaviour (Man as reactive being)
- * Here, man is proactive being
- * Bi-directional influence
- * Person here means 'mental processes' (3rd element here)
  ↳ information processing

⇒ expectations, anticipations are part of it.

Limitations

(i) The idea of man as a computer is not completely correct.
  a) People have emotions

(ii) It highlighted the concept of information processing and disregarded emotions.



T+E = (Thoughts & emotions)

→ This 'O' denotes Eclecticism

⇒ But this school, expanded the scope of Psychology which was discarded by other schools.

* The cognitive app. emphasises the importance of mediational processes such as perception & thinking which occur between stimulus & response.

Research carried out by cognitive psychologists have improved our understanding of these processes. Practical insights have been offered into such issues as how memory may be made more effective and how to int. problem solving skills

Criticism

(i) Though cognitive theories exist in many diff. areas of Psychology. There is no single coherent theory that links these areas into identifiable framework.

(ii) Though the information processing metaphor drawn from computing and emphasising man as a machine has offended many psychologists. They point out that computer analogy fails to recognise the most fundamental differences bet. human beings & machines whereas human beings forget, machines do not; whereas people are emotional and irrational at times, machines are always logical and are unable to feel emotions.

The wide use of experimental method in cognitive psychology has been criticised largely because the findings were obtained in the artificial settings.

It has been suggested that people's behaviour may be influenced by the settings in which they operate and the characteristics associated with the experimenter.

Humanistic Approach

↳ Karl Rogers
→ Maslow
→ Allport

* It is based on optimistic model of man. It regards human beings as rational and capable of self direction

* It believes that human beings are proactive individuals capable of making choices and taking initiative on their own.

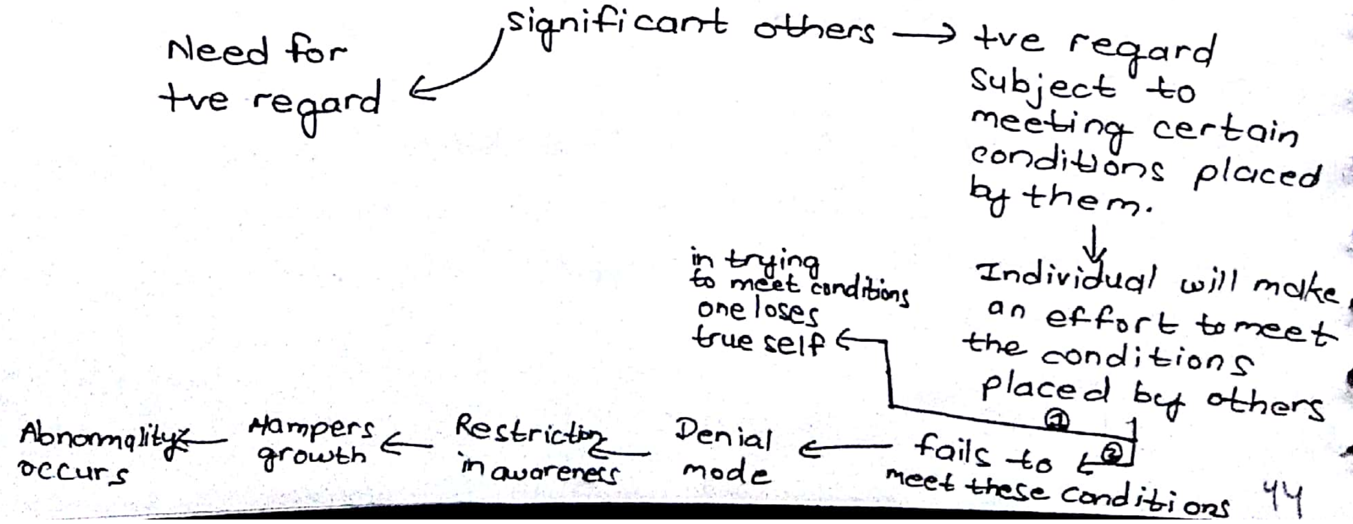
* It has phenomenological orientation → takes subjective experiences into account as it describes human behaviour

* It made 'free-will' as its cornerstone.
* 'free-will' is third force in Psychology
* Importance is given to individual's 'self'
(a) Real Self
(b) Ideal Self

* Problems in life occur due to incongruence bet. real & ideal self.

* People are capable of resolving their problems on their own and to achieve this, they need right kind of psychological environment.

a) unconditional +ve regard
b) empathetic understanding } Right Kind of Psychological env.


significant others → +ve regard subject to meeting certain conditions placed by them.
Need for +ve regard
Individual will make an effort to meet the conditions placed by others
①
in trying to meet conditions one loses true self
②
fails to meet these conditions
Denial mode
Restriction in awareness
Hampers growth
Abnormality occurs

*unconditional → not to make the other person, the scapegoat of your own aspirations.

*Optimistic model
- ↳ human beings if left on their own will make right choice.
- ↳ humans are programmed to go on the path of growth and self-realisation.

* Ideal self → projection of self induced by the society into an individual.

Limitations

(i) This approach is qualitative and therefore comparative analysis becomes difficult.

(ii) Many concepts not subject to empirical verification

(iii) Vague and ill-defined concepts
eg. Rogers said that every man has ethics at core level

(iv) Humanistic Therapy is effective only in the case of mild emotional disorders.

Rogers & freud
- → case study work based on abnormal patients (no experimental base)
- → Both theories are based on insight development

* qualitative & idiographic approach
*This approach has ~~p~~ max. philosophical underpinnings.

~~Biological Perspective~~

*Humanism did dilute some effects of behaviourism but it did stress on some sublime concepts about human beings without which our understanding about human beings would not be complete. Thus, we cannot claim that humanism diluted status of psychology as a science → They introduced viewing the things from the viewpoint of the subject. They studied uniqueness of humans and freed it from the clutches of determinism.

Physiological / Biological Approach

→ reductionist approach
→ everything is rooted in cellular functioning

* Psychologist who take a biological perspective look into neurophysiology as a means of describing and explaining psychological functioning. Our behaviour is linked to our physiological makeup. Physiological Psychologists are interested in wide range of phenomena and issues. Research has developed rapidly over recent years into the functioning of Nervous system, particularly the brain and the hormonal system & how these two systems interact & influence behaviour and mental activity. Some of the questions asked by physiological psychologists are:

(i) To what extent brain functions and to what extent as a collection of parts each with its own particular function?

(ii) What activities occur in nerve cells of the brain & senses when we percieve patterns & colours?

(iii) what activities occur in brain during diff. states of consciousness such as wakefulness, sleep and coma?

(iv) What are the links bet. hormonal system and emotions?

(v) What physiological mechanisms underlie needs and motivation?

(vi) What changes take place in the nervous system when the memories have been established?

Biological approach is interested in the role of heredity in behaviour. Psychologists to take biological perspective are particularly ~~in~~ interested in knowing how heredity & env. interact to influence behaviour.

Psychologists with biological approach favour the idea of reductionism. They are of the opinion that every human behaviour can be explained in the terms of cellular functioning.

* Some imp. research findings from biological perspective

→ Paul Broca
→ Karl Lashley
→ Olds (assisted by Milner)
→ Hans Selye

*Paul Broca → speech part → Broca's Area
* Karl Lashley → law of mass action or equipotency
* Olds → Pleasure centres in brain
* Hans Selye → GAS → General Adaptation Syndrome

*Equipotency → every area is equally imp
→Broca's Area :- Speech ~~processing~~ production
→Wernicke's Area:- Speech understanding
*Injuries to that area, affected that function → localisation of brain function
⇒ But acc. to Lashley, every area is doing every task, & problem occurs because of loss of tissue → amount damaged is more imp.

(i) Paul Broca demonstrated that patient's inability to speak resulted from a defect in a specific area of brain. This evidence of localisation of brain function contributed to gradually emerging view that behaviour had a physical base.

(ii) Karl Lashley carried out a series of classic experiments in which he demonstrated that learning & memory in rats is impaired if the part of cortex of the brain is removed. He demostrated that the amount of brain tissue destroyed appeared to be more imp. to the animal's behaviour than the specific part of the brain involved.

(iii) Olds & Milner investigated the effect of electrical stimulation of brain on behaviour particularly emotions using ESB (Electrical Stimulation of Brain), they identified pleasure centres in the brain of rats and observed that rats time and again returned to the area of the cage where they had been stimulated.

(iv) Hans Selye has pioneered research into physiological changes associated with stress in both animals & humans & proposed the concept of GAS (General Adap. Syn.) which describes hormonal, chemical and other bodily changes which occur & interact with ~~ph~~ psychological factors within the individual during the experience of stress

25-Nov-2018

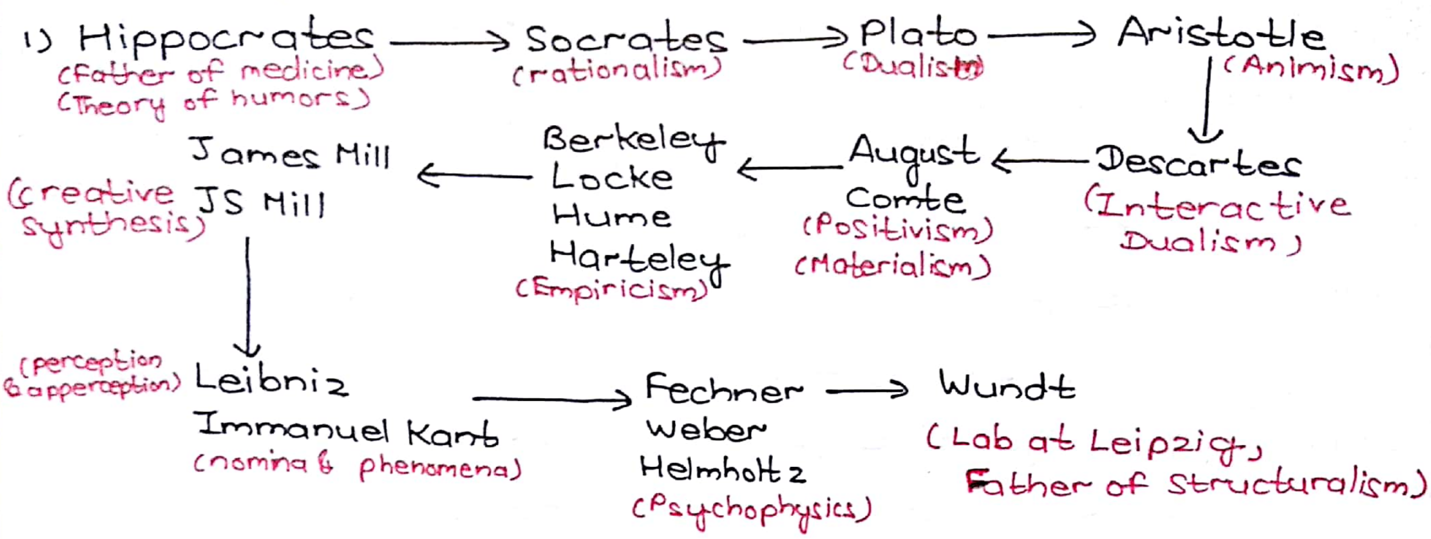
Critical Evaluation of Biological Perspective

* Biological Perspective endeavour to work towards an understanding & explaination of biological basis of behaviour. It is a unique approach within psychology in the light of range of behaviours it considers and the level at which it seeks to explain them. The only approach that attempts to relate behaviour to the neuro-physiological, bio-chemica & genetic makeup of the body. Other approache eg. psychoanalysis may subscribe to the view that behaviour is biologically based but the concepts used and the phenomena studied are largely psychological rather than physiologica

Inspite of its +ve features, it must be admitte that biological perspective is not sufficiently advanced to offer total explaination for psychological phenomena like memory, learning, thinking, emotions, etc. Moreover, the complexity of ~~physiological~~ psychological mechanisms and the countless environmental factors that may influence them makes it difficult to predict behaviour and explain it in purely physiological terms. Many psychologists have also voiced their reservation against the reductionist approach of biological perspective. Acc. to them, the study of behaviour makes sense only when molar approach is followed.

Historical Antecedents

→ when psychology was part of philosophy.


1) Hippocrates
(Father of medicine)
(Theory of humors)
Socrates
(rationalism)
Plato
(Dualism)
Aristotle
(Animism)
Descartes
(Interactive Dualism)
August Comte
(Positivism)
(Materialism)
Berkeley
Locke
Hume
Harteley
(Empiricism)
James Mill
JS Mill
(creative synthesis)
(perception & apperception)
Leibniz
Immanuel Kant
(nomina & phenomena)
Fechner
Weber
Helmholtz
(Psychophysics)
Wundt
(Lab at Leipzig, Father of structuralism)

(i) Hippocrates

* humors:- body fluids → bodily fluids with the behaviour of the temperament

eg. → More bloody → cheerful

→ Black Bile → Melancholic, sad

(ii) Socrates :- Rational powers within the man that direct human beings to socially correct behaviour.

(iii) Plato

Dualism:- Distinction bet. mind and body

⇒ There are 2 realms of knowledge a) phenomenal
b) Higher

→ Higher is revealed through innate, logical, rational & critical faculties.

→ Phenomenal is based on ordinary senses (state of constant flux)

(iv) Aristotle

→ Animism :- All natural things have spirit

↳ A living soul resides in all natural things

→ Hierarchy of souls → 3 types of souls:
a) Vegetative
b) Animal
c) Human

*Vegetative soul → nourishment & reproduction
* Animal " → locomotion also
* Human " → Thinking & imagination also

(v) Descartes

(Psychology has a long past but short history)
(it started with philosophy) — long
(from 1879) — short

Descartes → Father of Interactive Dualism
→ Interaction bet. mind & body
(i) Co-operative
(ii) Antagonistic

- Author of the theory of reflex action
This theory of reflex action was precursor to S-R Psychology.

→ Descartes ignited spirit of behaviourism.

→ Innate ideas & Derived ideas
Innate ideas ↓ Develop out of mind & consciousness
Derived ideas ↓ dev. by Application of external stimulus

* Descartes is pioneer of mechanism
↳ application of mechanistic principles to explain psychological events and functions

* He was first person to give a scientific flavour to psychology.

(vi) August Comte
↳ Positivism → he rejected everything that was speculative or inferential.
→ He insisted that objectively observable phenomena must be studied.

→ Materialism → facts of universe can be described in material terms (physical terms)

(vii) Berkeley, Locke, Hume, Harteley

* Empiricism

All knowledge is derived from sensory experience.

Locke :- Mind is like a tabularasa on which experience shall write.

- - - - - -

Hume :- Laws of association
(i) contiguity
(ii) similarity

→ contiguity :- Closer are 2 stimuli in time & space, greater are the chances of association.

→ Similarity :- similar stimuli will be associated

Inference

* Reward should be closer to the behaviour.

→ this facilitates better association

- - - - - -

⇒ Locke gave 2 types of ideas → (i) complex
(ii) simple

- when simple ideas are associated, they become complex.

Simple ideas come from sensory inputs

* More the sensory modalities, better association in the memory.

(Adults have imagination but children learn through sensory modalities)

(viii) James Mill & JS Mill

→ Creative synthesis
(Gestalt developed from this)

→ combination of mental elements creates something which is greater than the original element.

(ix) Leibniz & Kant

~~Ben~~ * Kant :- Nomina & phenomena

⇒ Husserl → Father of phenomenology

* Nomina :- Things in themselves independent of human experience.

* Phenomena :- Internal subjective world (created with the interaction with the nominal world)

eg. Green leaf is not really green in colour

→ Individual never sees nomina, but only phenomena (that is why individual changes only when they realise)

→ Kant showed that everybody's phenomena is diff and this was a shift from the trend of making a psychology a scientific principle.

→ Everyone sees things as per as per his/her perspective

eg. show a coin → rich kids make smaller image & poor kids make larger image
↓
how much value they associate.

* Leibniz

(i) Perception

(ii) Apperception

* Perception :- understanding of the world in mechanistic associationistic manner

* Apperception :- full conscious attention on events

(x) Fechner, Weber, Helmholtz

→ Psychophysics

→ mental processes can be objectively studied by quantifying them.

21^{st} Century Trends in Psychology

(i) Emergence of an eclectic approach

(ii) Interdisciplinary ~~approach~~ character of psychology encouraged

(iii) Technological advancements resulting in many things which were hitherto not possible to measure could now be observe

(iv) Emergence of many new behaviours and branches to study these behavious
eg (i) Cyber psychology
(ii) Gender psychology

(v) Many traditional areas of psychology in the light of new information are being investigated more intensively.

Emerging Inter-disciplinary fields in Psychology

1) Cognitive Science
2) Cognitive neuroscience
3) Evolutionary Psychology
4) Positive "
5) Cultural "

*Positive Psychology

Not just remove illness but promote wellness.

→ started post WW II but getting imp. in ~~Positive~~ 21^{st} century

*Humanistic → qualitative (laid the platform for +ve Psychology)
* Positive → quantitative (that is why they are diff.)

⇒ Same is with health :- not just remove illness but promote health

* After WW II, psychology particularly clinical psychology became a science devoted to healing. It adopted disease model of human functioning from medical science and aimed to cure pathologies. Although, the model produced considerable advances in the

field of understanding & treatment of mental illnesses. It had very little to say about what makes life worth living. Positive psychology emerged to balance the field's sophisticated understanding of human illness with equally sophisticated understanding of human flourishing.

Although, +ve psychology shares with humanistic psychology, a concern for people's dev. towards their full potential yet is happens to be diff. from humanistic psychology as it relies heavily on empirical methods. +ve psychologists study psychological phenomena at levels ranging from experiences such as happiness & well being to the study of personality traits such as wisdom & courage. It also studies the institutions and social structures that cultivate civility and responsible citizenship.

Study of +ve emotions assumes the centre stage in +ve psychology as it has been realised that +ve emotions are essential for psychologica growth & self actualisation.

26 - Nov - 2018

Cognitive Neuroscience

(Patience + Tolerance + Courage) ⇒ Delayed Gratification

Cognitive neuroscience addresses the question that how psychological functions are produced by neural circuitry. It is a branch of psychology & neuroscience that overlaps with several subdiscipline like cognitive psychology, neurobiology, neuropsychology, etc.

- Cognitive neuroscience focuses on cognitive processes & relies heavily on methods & findings of neuroscience. It attempts to learn how mental activities are executed in the brain, what is particularly distinctive about cognitive neuroscience is its reliance on the new techniques for studying the brain of normal participants while they are performing the cognitive task. The neuroimaging or the brain scanning techniques create visual images of the brain in action with an indication of which regions of brain demonstrates more neural activity during a particular task eg. the study has been done on how people remember information for a brief & ~~or~~ longer period of time. When people are asked to remember information for a longer duration, there is increased activity in the middle region of the brain & when asked to remember the info for a brief period, the neuro imaging results show increased activity in the frontal region of brain (Squire, et al (& others))

The connection bet. Psychology & Neuroscience is not limited to cognitive psychology alone. In recent times, there has emerged a new sub-branch of study called as Affective Neuroscience which tries to define how emotional phenomena are executed in the brain. Another emerging field is Social Neuroscienc which tries to discover how stereotypes, attitude formation & personal perception have the involvemen of the brain.

Cognitive Psychology → AI became prominent → cognitive science (compared humans to computers) → cognitive neuroscience

Cognitive Science

- If we consider the diff. schools of Psychology, we find Psychology has moved from dualism to monoism to interactiv dualism.

Monoist → (i) Mentalist (everything based on mind)
(ii) Materialist
↳ brain as a material
↳ env. as a material

Dualist → mind & body as separate entities

* In contemporary times, psychology believes in the interaction of mind & body. Psycho neuro immunology is an example of this eg. Growing interest in Yoga, meditation, etc.

* **Cognitive Science**:- The area of psychological research that are
(i) concerned with cognitive processes like ~~percieivi~~ percieving, reasoning & prob. solving.
(ii) overlap with other disciplines that are interested in these processes such as computer science

The major objective of the field is to discover how information is represented in the mind (mental representation) and what type of computation can be carried out on these representation to bring about percieving, remembering, reasoning, etc. In addition to psychology, the other disciplines involved are anthropology, linguistics, philosophy, neuroscience & art. intelligence

The central idea behind cog. science is that human cognitive system can be understood as if it was a giant computer engaged in complex calculations, just as comp. calculations can be broken down into a set of simpler computations such as storing, retrieving & comparing symbols or representations. Likewise, a person's actions can be broken down into a set of elementary mental components. These components also involve storing, retrieving & comparing symbols. There is further parallel bet. computer calculation and mental computation. A computer activity may be analysed at diff. levels including the levels of H/W with its emphasis on chips & the levels of representation & algorithms.
(heuristics → logical guesses)

Algorithms with its emphasis on data structures & processes. Similarly, cognitive activity can also be analysed at the level of the hardware i.e. neuron and at the level of mental representation & processes. These ideas of mental computation & levels of analysis constitute the cornerstone of cognitive science.

Evolutionary Psychology

→ interface bet. psychology & biology.

* Sociobiology

→ It is concerned with biological basis of social behaviour

→ It does this by applying evolutionary biology in an attempt to explain social behaviour. In other words, we act the way we do towards each other because we have evolved that way because of the natural selection in the terms of survival & reproduction. Traditionally, sociobiology has concerned itself mostly with non-human animals and deals with behaviours such as mating, aggression, etc.

Evolutionary psychology has evolved more recently as sociobiologist have turned their attention towards same kind of behaviours in human beings. Ev. Psychology is concerned with the study of biological origins of psychological mechanisms in human beings. It receives input from branches of study such as anthropology, biology, pschiatry, etc. & is based on the premise that psychological mechanisms like biological mechanisms must have evolved over a million of years through the process of natural selection. Ev. Psychology visualises human behaviour as having foundation in psychological adaptation and has evolved to solve the recurrant problems in human beings' ancestral environment eg. evolutionary psychologists hypothesized that human beings have inherited spatial, mental capacities for acquiring speech but they have inherited no such capacity for reading and writing.

Other adaptation acc. to evolutionary psychologists that must have facilitated the chances of survival include: (i) ability to read other's emotions [Research of Major]
(ii) To identify & prefer better mates
(iii) To discern kin from non-kin

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Cultural Psychology

(i) Diversity
→(ii) Multicultural Perspective
(iii) Indigenous Approaches

* Theories of one culture, cannot be applied to another culture → Cultural Hegemony

(iv)
* Cultural Ethnocentrism

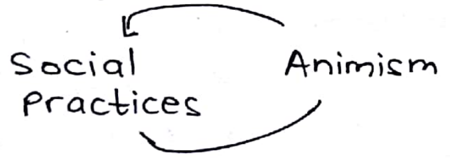
Viewing everything from the lens of one culture only.

→ Cultural Psychology has its roots in → Cultural Anthropology.
↳ frustration from freudian Psychology (biological, basis of instinct)

(v) Cultural vs Cross Cultural Psychology

cross culture :- patterns of cognitive dev. are similar in people of different cultures. (comparitive analysis)

* Cultural Psychology is a protest against the western theories being implemented upon all cultures.



eg. All cultures in the world have the problem of stress.

*Cultural Psychology
↳ it will focus only on one culture (not comparision)

→ Freud's ideas were based on instincts and he believed that instincts are common in all cultures.

Scientific society in west has often assumed that people in all cultures have exactly the same psychological processes. This assumption is being challenged by the proponents of cultural psychology which happens to be an interdisciplinary movement of Psychologists, sociologists, anthropologists and other social scientists.

Nature-Man-spirit complex (LPVidyarthy)

Man-Man (social)
Man-Nature (economic)
Man-Spirit (religious)

} if you disrupt any one of them, the balance will be destroyed

→ Whenever you change, we have to take care not to have a sudden change in these relationships.

* Cultural Psychology is concerned with, how the culture in which individual lives, influence his mental representation & Psychological Processes. The popularisation of cul. Psy. has resulted in the advancement of multi cul. perspective. This perspective has given recognition to imp. of diversity. In other words, the diff. in the behaviour & characteristics of individual from diff. cul. groups, this perspective recognises the imp. of cultural factors in behaviour & thought and emphasises that the research findings in one culture does not necessarily generalise to other cultures. Before the inception of multicultural perspective, the general idea was that the diff. ~~that~~ existed bet. the people are relatively unimp. & therefore can be ignored. It was thought that Psychology being a science should strive for developing principles & laws that should apply to all human beings. Regardless of their personal background or their cultural identity. The multi-cultural perspective has made us to realize that these diff. are important and must be included in our effort to understand behaviour. Today, all psychologists accept & recognize that psychological services that they provide should take into notice the diff. requirements of people belonging to ethnically & culturally diverse population.

Cultural Psychology is distinct from cross cultural Psychology in that, in cross-cult., we use culture as a means of testing the universality of Psychological processes rather than determining how cultural processes shape psychological processes. A cross-cult. psychologist ~~eg~~ for example might ask the question whether Piaget's stages of cognitive dev. are universal: whereas cultural psychologist would be interested in how the social practices of a particular culture, Shape the dev. of cognitive processes.

The major goal of cultural psychology is to have divergent cultures assist in the development of psychological theories, so that they become more relevant & useful for all the cultures & not just explain the behaviours observed in the western culture.